

**IN THE SPECIFICATION**

**Amendments to the Specification:**

The following amendments to specification are inserted to comply with the objections raised by the Examiner. The material being inserted contains no new matter.

***Please amend the paragraph [0002] beginning on page 2 with the following:***

[0002] Training is an integral part of any good workout program. Most individuals (users) that have used a gym are familiar with some of the gym equipment. However, majority of the time they have had to use the service of a personal trainer to familiarize them with the various gym equipment, the proper way of using the gym equipment and to recommend good workout programs to suit their needs and skill levels. Equipment instruction videos are available to demonstrate general principles on how to use specific equipment but do not provide any other flexibility. Also, each video targets specific areas of workout but do not give a detailed workout routine for all the equipment available in a standard gym.